

Triathlon Training : Running (Paperback)



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Reviews

This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating throgh reading time. Your life span will be enhance when you complete looking at this publication.
(Laurence Littel)

TRIATHLON TRAINING : RUNNING (PAPERBACK)



Bloomsbury Publishing PLC, United Kingdom, 2005. Paperback. Condition: New. Language: English . Brand New Book. Triathlon Training: Running is essential reading for runners who want to improve their lap times, athletes who want to incorporate running into a multi-sport programme and anyone considering training for their first triathlon. Practical, effective and easy to understand, it contains all the information and advice that serious runners need to improve their technique and achieve great results. It includes: improving your technique for the best results outdoor and track training techniques for speed and safety fitness, competition, strength and flexibility training programmes mental training and motivation effective equipment use.

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